

## **Acknowledgements**

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We hope you enjoy the recipes and tips in this book. Feel free to give us feedback at 928-522-7882 or [csullivan@coconino.az.gov](mailto:csullivan@coconino.az.gov).

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### Apple Oatmeal (1 serving)

#### Ingredients:

1/3 cup unsweetened apple juice  
1/3 cup water  
1/8 tsp nutmeg  
1/2 firm apple; pared and finely sliced  
Salt  
1/3 cup oatmeal  
1/4 tsp cinnamon

#### Instructions:

Place juice, water, apple and seasonings in microwave proof measuring cup. Microwave for 2 1/2 minutes.  
Place oatmeal in microwave proof serving bowl.  
Add microwaved apple mixture to oatmeal.  
Microwave 1 minute for quick oats, 3 minutes for regular.  
Seasonings can be adjusted according to taste.  
Half apples keep well until the next day or two by wrapping the unpeeled half in plastic wrap.  
Granny Smith or Macintosh apples are great for this recipe.



***Nutritional Analysis: 186 calories; 2 g fat, 5 g protein, 39 g carbohydrate, 5 g dietary fiber, 0 mg cholesterol, 6 mg sodium.***

### Apple Pancakes (2 servings)

#### Ingredients:

1 cup flour, sifted  
1 tsp baking powder  
1/8 tsp salt  
1/4 tsp cinnamon  
1/8 tsp cloves  
3 Tbsp butter  
1 egg  
1/3 cup milk  
2 Tbsp powdered milk  
1/2 cup applesauce



***TIP: Starting your day with a high-carbohydrate food such as pancakes will boost your body's level of serotonin, which calms you down and may decrease your craving for a cigarette.***

#### Instructions:

Mix together flour, baking powder, salt, cinnamon and cloves. Cut butter into flour mixture.  
In a small bowl, beat together egg, milk, powdered milk and applesauce.  
Combine flour mixture with egg mixture until well mixed.  
Bake on hot griddle. Serve with butter and syrup or fruit.

***Nutritional Analysis: 532 calories; 24 g fat, 13 g protein, 66 g carbohydrate, 3 g dietary fiber, 166 mg cholesterol, 641 mg sodium.***

## Egg and Cheese Sandwich (1 serving)

### Ingredients:

1 egg  
1 oz. mozzarella cheese  
2 slices whole wheat bread  
1/8 tsp. Chili pepper  
1 tsp. low sodium ketchup  
1 tsp. olive or canola oil or spray



### Instructions:

Crack egg in a bowl and whisk with a fork. Add chili pepper and stir to mix. Heat oil or cooking spray in small skillet on medium high heat. Add egg mixture and scramble until cooked.

Toast slices of bread in toaster or oven. Add ketchup to toast. Place egg on 1 slice toast and add cheese. Put the other slice of toast on top and eat it!

***Nutritional Analysis: 310 calories, 13 g fat, 19 g protein, 29 g carbohydrate, 4 g dietary fiber, 225 mg cholesterol, 520 mg sodium.***

### Did you know?

Whole wheat bread is high in fiber and usually has more vitamin B6, E, Magnesium, folic acid, copper, zinc, and manganese.

Visit [www.keepkidshealthy.com/nutrition/white-versus-wheat](http://www.keepkidshealthy.com/nutrition/white-versus-wheat).

## Orange-Banana Smoothie (1 serving)

### Ingredients:

1 orange, cut into pieces and seeded  
1 banana, cut into chunks  
½ cup nonfat milk or yogurt  
4 Ice cubes  
2 Tbsp honey-toasted wheat germ (optional)



### Instructions:

In blender, combine the orange, banana, milk, ice cubes, and if desired the wheat germ. Blend until smooth and frothy. Pour into a glass and serve.

***Nutritional Analysis: 265 calories, 2.5 g fat, 55 g carbohydrate, 11g protein, 2 mg cholesterol, 70 mg sodium.***

**FACT:** including yellow and orange fruits and vegetables in your diet helps maintain vision health and a healthy immune system. They contain varying amounts of anti-oxidants such as Vitamin C.

## Winter Fruit Salad

(8 servings)

### Ingredients:

4 seedless oranges, peeled  
3 pink grapefruits, peeled  
1 pineapple, peeled, quartered, cored and sliced  
2 star fruit, sliced  
1 pomegranate, cut in half and seeds removed.



### Instructions:

Remove white pith from oranges and grapefruits; quarter the fruit lengthwise and cut into 1/4-inch slices. Place in a large bowl and toss with pineapple, star fruit and pomegranate seeds.

***Nutritional Analysis: 111 calories; 0 g fat, 0 mg cholesterol, 30 g carbohydrate, 1 g protein, 6 g fiber, 2 mg sodium. Nutrition bonus: Vitamin C (160% dv), Fiber (23% dv) dv=daily value***

## Apple Coffee Cake

(20 servings)

### Ingredients:

5 cups tart apples, cored, peeled, and chopped  
3/4 cup sugar  
1 cup dark raisins  
1/2 cup pecans, chopped  
1/4 cup canola or olive oil  
2 tsp. vanilla  
1 egg, beaten  
2 cup all purpose flour, sifted  
1 tsp baking soda  
2 tsp. ground cinnamon



### Instructions:

Preheat oven to 350 F. Lightly coat 13x9x2 inch pan with nonstick spray. Combine apples, sugar, raisins, and pecans in large mixing bowl. Mix well and let stand for 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time —just enough to moisten dry ingredients. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

***Nutritional Analysis: 200 calories, 8 g fat, 2 g fiber, 70 mg sodium.***

***Tip: Breathing second hand smoke hurts babies ad children. It can cause asthma , lung disease and ear infections. It can also cause sudden infant death syndrome.***

## Pumpkin French Toast

(4 servings)

### Ingredients:

4 large eggs and 2 egg whites  
3 Tbsp canned pumpkin puree  
1/2 tsp. ground cinnamon  
1/2 tsp. ground nutmeg  
8 slices whole wheat bread  
3 Tbsp walnut pieces



### Instructions:

Preheat the grill to medium and spray with nonstick cooking spray. Combine the eggs, pumpkin puree, cinnamon and nutmeg in a wide shallow bowl and whisk until frothy. Dip the slices of bread into the egg mixture, coating both sides well. Grill (in batches, if necessary; depending upon the size of your grill) for about 3 minutes, until French toast is crisp and brown on the outside. Sprinkle with the walnuts and serve immediately.

***Nutritional Analysis: 296 calories, 12 g protein, 28 g carbohydrate, 2 g fiber, 14 g fat, 3 g saturated fat, 323 mg cholesterol, 395 mg sodium.***

## Golden Corn Bread

(8 servings)

### Ingredients:

3 cups yellow cornmeal  
1 cup whole wheat flour  
2 Tbsp baking powder  
1 tsp salt  
2 cups buttermilk OR 2 cups low fat yogurt  
1/2 cup butter or margarine melted  
1/2 cup honey  
3 eggs beaten



### Instructions:

Combine cornmeal, flour, baking powder and salt in large bowl. Combine buttermilk, butter, honey and eggs in separate large bowl. Stir buttermilk mixture into flour mixture just until moistened. Pour into greased 12x8x2 inch baking pan. Bake at 350 F 25 minutes or until golden brown.

***Nutritional Analysis: 461 calories, 15 g fat, 11 g protein, 72 g carbohydrate, 6 g dietary fiber, 113 mg cholesterol, 834 mg sodium.***

**TIP: Regular exercise relieves stress, provides motivation, promotes relaxation and facilitates sleep.**



## Country Rye Bread

(24 servings, two loaves)



### Ingredients:

4 to 4 1/2 cups all-purpose flour  
1/3 cup packed light brown sugar  
2 packages active dry or rapid rising yeast  
1 Tbsp caraway seed  
1 1/2 tsp salt  
2 cups very warm water  
2 Tbsp canola or olive oil  
2 cups rye flour  
1 egg white lightly beaten with 1 Tbsp water

### Instructions:

In large bowl, combine 2 cups all-purpose flour, sugar, undissolved yeast, caraway seed and salt. Gradually add very warm water and oil to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup all-purpose flour; beat 2 minutes at high speed, scraping bowl occasionally. With spoon, stir in rye flour and enough remaining all-purpose flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. (With rapid rise yeast, cover kneaded dough and let rest on floured surface 10 minutes. Proceed with recipe.)

Punch dough down. Remove dough to lightly floured surface; divide dough in half. Form each into 5-inch ball. Place on large greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

With sharp knife, make 4 slashes (1/4 inch deep) in crisscross fashion on top of each loaf. Brush with egg white mixture. Bake 400 F for 35 minutes or until done; cover with foil halfway through baking time to prevent excess browning. Remove from sheet and cool on wire rack.

***Nutritional Analysis: 131 calories , 2 g fat, 3 g protein, 26 g carbohydrate, 1 g dietary fiber, 0 mg cholesterol, 138 mg sodium.***

**Tip: Tobacco use results in true addiction to nicotine and can be as hard to quit as heroin, speed, or cocaine.**

## Chicken Parmesan Sub (4 servings)

### Ingredients:

1/2 cup all-purpose flour  
1/2 tsp kosher salt  
1/2 tsp freshly ground pepper  
1 pound boneless, skinless chicken breasts (2 large breasts cut into 4 portions or 4 small breasts)  
4 tsp extra-virgin olive oil, divided  
2 6-ounce bags baby spinach  
1 cup marinara sauce, preferably low-sodium  
1/4 cup grated Parmesan cheese  
1/2 cup shredded part-skim mozzarella cheese  
4 soft whole wheat sandwich rolls, toasted



### Instructions:

Position oven rack in top position and preheat broiler. Combine flour, salt and pepper in a shallow dish. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until the chicken is an even 1/4 inch thickness. Dip the chicken in the flour mixture and turn to coat. Heat 2 tsp oil in a large non-stick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, 2 or 3 minutes. Transfer to a small bowl. Add 1 tsp oil to pan. Add half the chicken and cook until golden, 1 to 2 minutes per side. Transfer to a large baking sheet. Repeat with the remaining 1 tsp oil and chicken; transfer to the baking sheet. Top each piece of chicken with the wilted spinach, marinara sauce and parmesan. Sprinkle with mozzarella. Broil until the cheese is melted and the chicken is cooked through, about 3 minutes. Serve on rolls.

***Nutrition Analysis: 467 calories, 13 g fat, 78 mg cholesterol, 48 g carbohydrate, 42 g protein, 5 g fiber, 762 mg sodium, 791 mg potassium. Bonus: 160% dv vitamin A, 46% dv vitamin C, 43% dv folate and 26% dv magnesium. dv=daily value***

### Did you know?

The protein in chicken increases the feeling of fullness, therefore you eat less and feel full longer.

### Apple-Filled Squash (4 servings)

#### Ingredients:

1 acorn squash (about 1 pound)  
1 apple, peeled, cored and sliced  
2 tsp margarine, melted  
2 tsp packed brown sugar  
1/8 tsp ground cinnamon  
1/8 tsp ground nutmeg  
Dash of ground cloves



#### Instructions:

Cut squash in half. Take out the seeds. Arrange, cut side up on thick paper towel in microwave. Microwave on HIGH 6 to 7 minutes. Turn squash halfway through cooking time. Remove from microwave and place on a cutting board. Cut in two halves. In a small bowl, combine apples, margarine, sugar and spices as above. Top squash pieces with apple mixture. Cover with plastic wrap. Cut 2 or 3 holes in plastic wrap. Microwave on HIGH 4 to 5 minutes or until squash and apple are tender. Serve warm.

***Nutritional Analysis: 92 calories, 19 g carbohydrate, 1 g protein, 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 3 g fiber, 27 mg sodium .***

### Black Beans with Tomatoes and Corn (6 servings)

#### Ingredients:

1 can (15 ounce) low sodium, no fat added black beans  
1 cup frozen corn, thawed  
1 cup tomatoes, fresh or canned  
1 clove garlic, finely chopped  
1 tsp fresh parsley, chopped  
1/8 tsp cayenne pepper (or more to taste)  
1/2 tsp chili powder (or more to taste)



#### Instructions:

Drain and rinse beans. In a bowl combine beans, corn, tomatoes and garlic. Add parsley, pepper and chili powder. Combine and serve.

***Nutritional Analysis: 71 calories, 17 g carbohydrate, 4 g protein, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 4 g fiber, 151 mg sodium.***

**Tip: LAUGH—Look for the humor in life and take time to have fun.**

## **Pumpkin Apple Soup** (4 servings)

### **Ingredients:**

2 tsp olive or canola oil  
1 Tbsp chopped onion  
1 Tbsp chopped celery  
1 cup applesauce  
1 cup canned or cooked mashed pumpkin  
3 cups chicken broth  
Salt and pepper, to taste  
4 Tbsp roasted pumpkin seeds (optional)



### **Instructions:**

Heat oil in a medium saucepan over medium heat. Add onion and celery. Cook, stirring occasionally, until softened; do not brown. Add applesauce, pumpkin and broth. Season with salt and pepper. Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, 25 minutes or until onion is tender. Sprinkle each serving with pumpkin seeds if desired.

(For a richer pumpkin taste, use 2 cups pumpkin and omit the applesauce)

***Nutritional Analysis: 81 calories, 13 g carbohydrate, 3 g protein. 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 3 g fiber, 422 mg sodium .***

**Tip: Set goals for healthy eating, playing, resting, learning, and of course quitting tobacco use!**

## Chicken Tortilla Bake (8 servings)

### Ingredients:

- 1 Tbsp canola or olive oil
- 1 cup chopped onion
- 1 large garlic clove, minced
- 1 large celery stalk, chopped
- 2 cups chopped fresh or frozen broccoli
- 1/4 cup water
- 1 15-ounce can whole kernel corn, drained (or 2 cups fresh corn)
- 1 can chopped mild green chilies (4 ounces)
- 1 medium tomato, chopped
- 1 cup cooked or canned chopped chicken
- 1/4 cup chopped cilantro
- 1/2 tsp salt
- 2 cups crushed corn chips or tortilla strips
- 1 can green chili enchilada sauce (19 oz can or 3 cups homemade sauce)



### Instructions:

Preheat oven to 350 F. Lightly grease a 2 quart baking dish. Heat oil in large skillet over medium heat. Add onion, garlic, and celery to oil. Cook about 5 minutes. Stir occasionally. Add broccoli and water. Cover and cook on medium heat until broccoli is almost tender, about 5 minutes. Stir in corn, chilies, tomatoes and chicken. Stir in cilantro and salt. Place half of chips in baking dish. Add remaining chicken, vegetable mixture and sauce. Top with remaining chips. Bake, covered, about 30 minutes or until heated completely.

***Nutritional Analysis: 264 calories, 36 g carbohydrate, 14 gm protein, 9 g total fat, 2 g saturated fat, 20 mg cholesterol, 6 g fiber, 459 mg sodium.***

### Did you Know?

Corn is a good source of vitamin A which is often low in the blood of smokers.



## Red Beans and Rice (2 servings)

### Ingredients:

1/2 lb dry red kidney beans  
1 bay leaf  
1 large green pepper, chopped  
3 cloves garlic, minced (1 1/2 tsp)  
1 Tbsp low sodium catsup  
5 cups water  
1/2 tsp thyme leaves crushed  
1 large yellow onion  
1 tsp crushed red pepper  
1 cup converted rice



### Instructions:

Soak beans overnight. Drain beans. Combine beans, water, thyme, bay leaf, green pepper, onion, garlic, red pepper, and salt in Dutch oven or large saucepan. Bring to a boil. Reduce heat; simmer gently uncovered two to three hours or until beans are tender. Stir in catsup. Add more water if mixture is too thick. Discard bay leaf. Cook rice according to directions. Serve over rice.

***Nutritional Analysis: 800 calories, 1g total fat, 0 g saturated fat, 0 mg cholesterol, 55mg sodium, 158 g carbohydrate, 31 g dietary fiber , 14 g sugar, 38 g protein.***

### Did you know?

The protein in beans will help keep blood sugars stable well into the day...keeping hunger in check.

## Meatless Taco Salad (2 Servings)

### Ingredients:

4 cups shredded romaine lettuce (about 1 head)  
1 cup shredded red cabbage  
1 cup canned black beans, rinsed and drained  
1 cup canned corn, rinsed and drained  
1/2 cup bottled mild salsa  
1/2 cup chopped fresh cilantro  
1/4 cup nonfat sour cream  
2 Tbsp pitted sliced black olives

### Instructions:

In a large bowl combine the romaine, cabbage, black beans, corn, salsa, and cilantro. Toss together thoroughly. Divide salad between two plates and top each with a dollop of sour cream and a few olive slices. Serve immediately.



***Nutritional Analysis: 250 calories, 3 g fat, 45 g carbohydrate, 14 g protein, 0 mg cholesterol, 760 mg sodium.***

### **Fruit and Nut Balls** (3 dozen cookies)

#### **Ingredients:**

3/4 cup sugar  
1/2 cup dried cranberries  
1/2 cup pitted and snipped dates  
2 large eggs, beaten  
1/3 cup pistachios, preferably unsalted  
1/3 cup chopped walnuts  
1/3 cup chopped pecans  
1 tsp rum extract  
3/4 cup shredded coconut



#### **Instructions:**

Combine sugar, cranberries, dates, and eggs in a medium saucepan. Cook over medium-low heat, stirring constantly, until the mixture thickens, is pale yellow in color, registers at least 170 F on an instant-read thermometer and when a spoon is pulled through it, it leaves a clear trail. This will take 6-14 minutes, depending on how hot your stove's "medium-low" setting is. Remove from heat; stir in pistachios, walnuts, pecans and rum extract. Let stand until cool enough to handle, about 45 minutes. With damp or lightly oiled hands, form the mixture into 1-inch balls (about 1 generous tsp each). Roll each ball in coconut. Place the finished balls on a baking sheet lined with wax paper and store in refrigerator.

***Nutritional Analysis: (per cookie) 64 calories, 3 g fat, 12 mg cholesterol, 9 g carbohydrate, 1 g protein, 1 g fiber, 9 mg sodium, 49 mg potassium.***

**TIP: Dried fruits make a tasty and energizing snack you can take anywhere.**

### Impossible Pumpkin Pie (10 servings)

#### Ingredients:

$\frac{3}{4}$  cup white granulated sugar  
 $\frac{1}{2}$  cup low-fat Bisquick baking mix  
2 Tbsp unsalted butter  
1 (13-14 oz) can non-fat evaporated milk  
2 eggs  
1 (16 oz) can pumpkin  
2 tsp vanilla  
2  $\frac{1}{2}$  tsp pumpkin pie spice



#### Instructions:

Heat oven to 350 F. Lightly spray pie plate with canola or olive oil cooking spray. Place all ingredients in a blender, cover and blend one minute. Pour into pie plate. Bake 50-55 minutes or until golden brown. Done when a knife insertion is made in the center and it comes out clean.

***Nutritional Analysis: 170 calories, 4 g total fat, 2 g saturated fat, 50 mg cholesterol, 140 mg sodium, 29 g carbohydrate, 1g dietary fiber, 22 g sugar, 5 g protein.***

#### Did you know?

Secondhand smoke causes 35,000 heart attacks each year in non-smokers.

### Apple Cranberry Cider (8 servings)

#### Ingredients:

4 cups cranberry juice cocktail  
4 cups apple cider  
 $\frac{1}{4}$  cup honey  
1 tsp cinnamon

#### Instructions:

In a large saucepan, bring all ingredients to a boil. Lower heat and simmer for 10 minutes. Serve hot.



***Nutritional Analysis: 163 calories, 42 g carbohydrate, 7 mg sodium***

#### Did you know?

Within 20 minutes of smoking your last cigarette, blood pressure decreases, pulse rate drops and the temperature of hands and feet increases.



## Peanut Butter Banana Toast

(4 servings)

### Ingredients:

4 slices whole-grain bread  
2 Tbsp Peanut Butter  
2 ripe bananas  
1 tsp sugar  
1/8 tsp ground cinnamon



### Instructions:

Preheat broiler or toaster oven. Toast the bread until golden, then cool briefly. Spread each slice of toast with 1 ½ tsp of peanut butter. Halve each banana crosswise. Slice each half lengthwise into 2 or 3 pieces. Lay the banana slices on the toast, overlapping them if necessary. Mix together the sugar and cinnamon and sprinkle about ¼ tsp of the mixture evenly over each piece of banana toast. Place on a pan and toast under the broiler or in the toaster oven for 1 to 2 minutes, until the sugar has melted and the tops are lightly browned. Watch closely, as they can scorch quickly. Cool briefly, then cut each slice of toast in half on the diagonal. Serve warm.

***Nutritional Analysis: 185 calories, 6 g fat, 31 g carbohydrate, 6 g protein, 0 mg cholesterol, 170 mg sodium***

### Did you know?

Bananas and tomatoes are good sources of vitamin B6, which is often compromised in smokers' diets.

## Maple Nut Oatmeal

(6 servings)

### Ingredients:

3 ½ cups skim milk  
2 cups old-fashioned oats  
1 Tbsp unsalted butter  
1/8 tsp salt  
¼ cup maple syrup  
½ cup raisins  
½ cup chopped walnuts  
1 cup chopped, unpeeled apple



### Instructions:

Bring milk to a low boil; stir in oats. Add butter and salt and cook for about 5 minutes over medium heat, stirring occasionally. Remove from heat and add maple syrup, raisins, walnuts, and apple. Mix well. Serve in individual bowls with warm milk and a tablespoon of maple syrup or brown sugar on top.

***Nutritional Analysis: 330 calories, 10 g total fat, 2 g saturated fat, 10 mg cholesterol, 130 mg sodium, 53 g carbohydrate, 4 g fiber, 29 g sugar, 12 g protein.***

## Berry Coffee Cake (12 servings)

### Ingredients:

2 1/3 cups white, unbleached all-purpose flour  
1/2 cup granulated sugar  
3 tsp baking powder  
1/2 tsp salt  
2 eggs  
3/4 cup non-fat milk  
1/4 cup canola or olive oil  
1/2 cup fresh or frozen cranberries  
1/2 cup fresh or frozen blueberries  
1/3 cup packed brown sugar  
1/4 cup unsalted butter  
1/4 cup chopped walnuts  
1 tsp ground cinnamon



### Instructions:

Preheat oven to 350 F. Mix together 2 cups of the flour, the granulated sugar, baking powder, and salt in a large bowl. In a separate bowl beat the eggs until frothy. Mix in the milk and oil. Pour the egg mixture into the flour mixture, and mix. Fold in the cranberries and blueberries. Place the batter in a lightly greased 9-inch tube or bundt pan. Mix together the remaining flour and the brown sugar, butter, walnuts, and cinnamon. Sprinkle the brown sugar mixture over the top of the batter. Bake 45-50 minutes or until a toothpick inserted in the center comes out clean. Cool the cake in the pan for at least 10 minutes. Serve the cake right (topping) side up. Tip: If using frozen berries, you do not need to thaw them before folding into the batter.

***Nutritional Analysis: 260 calories, 11 g total fat, 3 g saturated fat, 45 mg cholesterol, 120 mg sodium, 36 g carbohydrate, 1 g fiber, 16 g sugar, 5 g protein.***

### Did you know?

The nicotine in cigarettes is addictive which makes it hard to quit smoking and chewing. The best way to quit is to get help and support. Call your local health department or the Arizona Smokers Helpline (1-800-55-66-222).

### **Veggie Wraps** (2 servings)

#### **Ingredients:**

2 8-inch reduced fat flour tortillas  
1/2 cup reduced fat cream cheese  
1/2 medium cucumber, peeled, halved lengthwise, seeded, and thinly sliced  
1 plum tomato, thinly sliced  
2 thin slices red onion  
Salt and black pepper to taste



#### **Instructions:**

On each tortilla spread 1/4 cup of cream cheese, leaving a 1/4-inch border. Divide the cucumber, tomato, and red onion between each, and season generously with salt and pepper. Roll up tightly, cut wrap in half, and serve immediately.

***Nutritional Analysis: 270 calories, 10 g fat, 34 g carbohydrate, 10 g protein, 30 mg cholesterol, 740 mg sodium.***

**Tip: Always wear proper footwear. The pressure on your feet during exercise often exceeds your body weight.**

### **Chicken and Salsa Wraps** (8 servings)

#### **Ingredients:**

2 medium tomatoes, chopped  
1 4-oz can diced green chilies  
1/3 cup sliced green onions, including tops  
1 Tbsp chopped fresh cilantro (optional)  
1 tsp vegetable oil  
3/4 pound boneless, skinless chicken breasts, cut into 1-inch cubes  
2 Tbsp water  
1 1-oz package taco spices and seasonings  
8 large flour tortillas (burrito size), warmed to soften



#### **Instructions:**

In a large bowl, combine tomatoes, chilies, green onions, and cilantro; set aside. In large skillet, heat oil over medium-high heat; add chicken then cook about 2 minutes. Add water and taco spices and seasonings; continue to cook until chicken is cooked through. Mix in tomato salsa mixture to skillet of seasoned chicken. Place 1/2 or 1/3 cup filling on each tortilla; roll up and wrap in plastic wrap. Refrigerate until ready to serve or transport to picnic.

***Nutritional Analysis: 312 calories, 7 g fat, 17 g protein, 45 g carbohydrate, 3 g fiber, 26 mg cholesterol, 604 mg sodium.***

### Green Beans Vinaigrette (2 servings)

#### Ingredients:

1/2 pound green beans, trimmed  
1 Tbsp rice wine vinegar  
2 tsp Dijon mustard  
1/2 tsp salt  
1/4 tsp black pepper  
1 Tbsp olive oil



#### Instructions:

In a medium saucepan, bring a generous amount of lightly salted water to a boil. Add the beans and cook for 4 minutes, then drain and immediately rinse under cold running water to stop the cooking and preserve the color. Shake the beans dry, and then transfer to a medium bowl. In a small bowl, whisk together the vinegar, mustard, salt and pepper. Whisk in the oil until emulsified. Add the vinaigrette to the beans, toss well to coat and serve.

***Nutritional Analysis: 80 calories, 5 g fat, 9 g carbohydrate, 2 g protein, 0 mg cholesterol, 670 mg sodium.***

**Tip: The Arizona Smoker's Helpline offers free information and phone counseling for people interested in quitting tobacco. Their number is 1-800-55-66-222.**

### Lemon Vinaigrette (36 servings)

#### Ingredients:

1 cup olive oil  
2 1/2 cups rice vinegar  
1/2 cup lemon juice  
1/2 cup lime juice  
2 oz green onions, chopped  
1/2 oz garlic, chopped  
1 cup parsley, chopped  
1 1/2 Tbsp lemon zest  
1 1/2 Tbsp lime zest



#### Instructions:

Whisk ingredients together. Refrigerate.

***Nutritional Analysis: 59 calories; 6 g fat, 2 g carbohydrate, 0 mg cholesterol, 2 mg sodium.***

**Tip: Exercise and activities can help keep tobacco and food cravings at bay. Take a 15-30 minute brisk walk. Keep a list of fun activities to do instead of automatically reaching for food or cigarettes.**

### Asparagus Dip (4 servings)

#### Ingredients:

10 asparagus stalks, fresh and trimmed or frozen  
1/4 tsp garlic powder  
2 tsp lime juice (lemon juice may be substituted)  
2 Tbsp canned green chili peppers, drained and chopped  
1 Tbsp onion, chopped  
2 tsp tomato paste  
1/8 tsp salt  
1/4 tsp ground cumin  
1/8 tsp white pepper



#### Instructions:

Cook asparagus. Drain well. Pat dry with paper towel and place in a blender. Add remaining ingredients. Blend until smooth. Dip will become less thick upon standing and will need to be stirred.

***Nutritional Analysis: 15 calories, 3 g carbohydrate, 2 g protein, 0 g fat, 0 mg cholesterol, 2 g fiber, 115 mg sodium.***

### Stir-Fried Snow Peas (4 Servings)

#### Ingredients:

1 tsp canola oil  
1/2 tsp sesame oil  
1/2 pound snow peas, trimmed (about 2 cups)  
1/2 medium red bell pepper, seeded and cut into 1/4-inch wide strips  
6 large cloves garlic, thinly sliced  
1 Tbsp low-sodium soy sauce  
1 tsp minced fresh ginger



#### Instructions:

In a large, heavy, non-stick skillet, heat the canola and sesame oils over medium-high heat. Add the snow-peas, cover the pan and cook for 2 minutes, shaking the pan vigorously once or twice during the cooking time. Add the red pepper, garlic, soy sauce and ginger. Stir fry for about 3 minutes, or until the snow peas are crisp-tender. Serve immediately.

***Nutritional Analysis: 105 calories, 4 g fat, 14 g carbohydrate, 5 g protein, 0 mg cholesterol, 260 mg sodium.***

**Tip: Fresh basil and garlic add flavor without adding fat or calories. They will wake up your taste buds.**



### Artichoke Mashed Potatoes (6 servings)

#### Ingredients:

4 large potatoes, peeled and quartered  
1 can artichoke hearts (non-marinated)  
3 Tbsp unsalted butter  
1/4 cup skim milk  
Salt and pepper to taste



#### Instructions:

Boil potatoes for 15 to 20 minutes or until potatoes are tender when pierced with a fork. Drain. In large mixing bowl, puree artichoke hearts using a hand blender or mixer with half the butter and milk. Add potatoes and remaining butter and milk and blend or mix until smooth. Add salt and pepper to taste.

***Nutritional Analysis: 123 calories, 6 g fat, 2 g protein, 15 g carbohydrate, 1 g fiber, 17 mg cholesterol, 22 mg sodium.***

#### Did you Know?

Potatoes (a complex carbohydrate) help raise the level of serotonin in the blood and help pacify the urge for nicotine. They also add a boost of vitamin C which is often lacking in smokers' diets.

### Light Fried Okra (4 servings)

2 cups sliced fresh okra  
3/4 tsp olive or canola oil  
1/8 tsp salt  
1/8 tsp pepper



In a bowl, mix sliced okra, oil, salt and pepper. Coat a large frying pan with vegetable oil spray. Heat over medium heat, and cook okra mixture, turning often with a wooden spoon or spatula. Cook until okra is browned, about 10 minutes. Serve with hot sauce or favorite relish.

***Nutritional Analysis: 24 calories, 4 g carbohydrate, 1 g protein, 1 g fat, 0 mg cholesterol, 0 mg saturated fat, 2 g fiber, 80 mg sodium.***

**Tip: Use the four D's to help you quit tobacco. Delay your tobacco intake. Do something else. Deep breathe. Drink water.**

### Okra and Tomatoes (4 servings)

#### Ingredients:

1/2 tsp olive oil  
1 cup chopped onion  
2 slices Canadian bacon, chopped (2 oz)  
1 (1 pound) package frozen okra (2 1/2 cups)  
1 (8 oz) can tomatoes, chopped (1 cup)  
1/4 tsp pepper



#### Instructions:

Heat oil in a high sided skillet on medium high heat. Fry the onion with the Canadian bacon until soft, 10 minutes, lowering the heat to keep from scorching. Trim the caps off the okra and cut into 1/2 inch slices. Add okra and 1 cup chopped tomatoes to the onions and bacon and cook 10 minutes more or until okra is tender. Season with pepper and serve.

***Nutritional Analysis: 89 calories, 11 g carbohydrate, 1 g protein, 1 g fat, 0 g saturated fat, 23 mg cholesterol, 5 g fiber, 316 mg sodium.***

#### Did you know?

The USDA Food Guide Pyramid recommends 5-9 servings of fruits and vegetables every day.

### Fettuccine with Light Alfredo Sauce (4 servings)

#### Ingredients:

1 pound Fettuccine, Linguine or Spaghetti, uncooked  
1 cup evaporated skim milk  
1/2 cup fresh parsley  
1/4 tsp white pepper  
1/2 cup grated Parmesan cheese  
4 oz green onions, sliced (white parts only)



#### Instructions:

Prepare pasta according to package directions; drain. In a large saucepan, bring the evaporated milk to a simmer over moderate heat. Stir in the Parmesan cheese, green onions and parsley. As soon as it has melted, and the sauce is thick and creamy, pour over cooked pasta. Season to taste with white pepper.

***Nutritional Analysis: 528 calories, 5 g fat, 24 g protein, 95 g carbohydrate, 4 g fiber, 10 mg cholesterol, 276 mg sodium.***

### Citrus Broiled Alaska Salmon (4 servings)

#### Ingredients:

2 oranges  
4 Alaska salmon fillets (4 to 6 oz each)  
Salt  
1 tsp red wine vinegar  
1/4 cup sliced green onions  
1 tsp cracked black pepper



#### Instructions:

Slice, peel and remove pith from oranges; slice crosswise into 1/4 inch rounds. Season salmon fillets with salt. Broil fillets, 4 to 6 inches from heat, allowing 10 minutes per inch of thickness, measured at thickest part. Remove fillets just before they are cooked through. Sprinkle with vinegar. Arrange orange rounds on top, sprinkle with green onions and cracked pepper. Broil 1 minute longer.

***Nutritional Analysis: 166 calories, 4 g fat, 23 g protein, 9 g carbohydrate, 2 g fiber, 59 mg cholesterol, 77 mg sodium.***

#### Did you know?

Only fish contains omega-3 fatty acids which keeps the arteries from clogging, helping to prevent heart disease which is always a concern for smokers.

### Broiled Salmon with Garlic (2 servings)

#### Ingredients:

2 salmon fillets  
3 cloves of garlic, thinly sliced  
1 tsp olive oil  
Salt and black pepper to taste



#### Instructions:

Preheat the broiler and cover a broiling pan with aluminum foil. With a paring knife, make several slits in one side of each salmon fillet and push the sliced garlic into them. Brush both sides of the salmon with olive oil and season with the salt and pepper. Place salmon on the foil and cook for about 5 minutes. Turn carefully and cook for about 5 minutes more, or until the fish is firm to the touch and opaque throughout. (Keep in mind that fish usually cooks at 10 minutes per inch of thickness.) Serve immediately.

***Nutritional Analysis: 225 calories, 8 g fat, 2 g carbohydrate, 34 g protein, 89 mg cholesterol, 115 mg sodium.***



## Chicken Piccata (4 servings)

### Ingredients:

4 boneless, skinless chicken breast halves (about 1 pound)  
Salt and black pepper to taste  
1 Tbsp olive oil  
2 Tbsp dry white wine or vermouth  
1/4 cup low-fat, low-sodium chicken broth or water  
2 Tbsp fresh lemon juice  
2 Tbsp capers, rinsed and drained



### Instructions:

Season both sides of the chicken breasts with salt and pepper. In a large non-stick skillet, heat the olive oil over medium-high heat. Add the chicken breasts and cook for about 4 minutes on each side, or until firm, golden brown, and cooked through. Transfer the cooked chicken to a platter and tent with foil while making the pan sauce. Increase the heat to high and add the wine to the pan, stirring with a wooden spoon to scrape the flavorful bits from the bottom of the pan. Add the broth and bring to a boil. Cook, stirring, for about 2 minutes, or until the liquid is reduced by half. Add the lemon juice and capers, bring back to boil and remove from the heat. Divide the chicken among plates, spoon a little sauce and capers over each portion, and serve immediately.

***Nutritional Analysis: 160 calories, 5 g fat, less than 1 g carbohydrate, 26 g protein, 66 mg cholesterol, 300 mg sodium.***

### Did you know?

Exercise does not have to be strenuous to be beneficial. Short sessions of exercise several times a day are just as effective at improving health as one long session. Use the stairs instead of the elevator or park a few blocks from work or the store and walk the remainder of the way.

## Honey Carrot Cake (12 servings)

### Ingredients:

1/2 cup butter or margarine softened  
1 cup honey  
2 eggs  
2 cups finely grated carrots  
1/2 cup golden raisins  
1/3 cup chopped nuts (optional)  
1/4 cup orange juice  
2 tsp vanilla  
1 cup all-purpose flour  
1 cup whole wheat flour  
2 tsp baking powder  
1 1/2 tsp ground cinnamon  
1 tsp baking soda  
1/2 tsp salt  
1/2 tsp ground ginger  
1/4 tsp ground nutmeg



### Instructions:

Cream butter in large bowl. Gradually beat in honey until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine carrots, raisins, nuts, if desired, orange juice and vanilla in medium bowl. Combine dry ingredients in separate large bowl. Add dry ingredients to creamed mixture alternately with carrot mixture, beginning and ending with dry ingredients. Pour batter into greased 13 x 9 x 2-inch pan. Bake at 350 F 35 to 45 minutes or until wooden pick inserted near center comes out clean.

***Nutritional Analysis: 271 calories, 9 g fat, 4 g protein, 47 g carbohydrate, 3 g fiber, 56 mg cholesterol, 375 mg sodium.***

### Did you know?

Carrots and beets are high in Vitamin A, which tends to be lacking in smokers' diets.

## Lemon Breakfast Parfait

(6 servings)

### Ingredients:

3/4 cup fat-free milk  
Dash salt  
1/3 cup couscous  
1/2 cup lemon low-fat yogurt  
1/2 cup reduced-calorie dairy sour cream  
1 Tbsp honey  
1/4 tsp. finely shredded lemon peel  
3 cups assorted fruit, such as sliced strawberries, kiwifruit, nectarine, or star fruit; and/or blueberries or raspberries  
Chopped crystallized ginger (optional)  
Fresh mint (optional)



### Instructions:

In medium saucepan bring the milk and salt to boiling; stir in the couscous. Simmer, covered, for 1 minute. Remove from heat; let stand for 5 minutes. Stir with a fork until fluffy. Cool. In a small bowl combine the yogurt, sour cream, honey, and lemon peel; stir into the couscous. In another bowl combine the desired fruit. To serve, divide half of the fruit mixture among 6 parfait glasses. Spoon couscous mixture over fruit; top with remaining fruit. If desired, garnish with chopped crystallized ginger and mint.

Make ahead tip: Prepare couscous mixture; cover and chill up to 4 hours. Prepare fruit; cover and chill up to 4 hours.

***Nutritional Analysis: 127 calories, 2 g total fat, 1 g saturated fat, 6 mg cholesterol, 70 mg sodium, 22 g carbohydrate, 2 g fiber.***

### Did you know?

Colorful fruits and vegetables provide a wide range of vitamins, minerals, fiber, and phytochemicals that your body uses to stay healthy and energetic.

### Kiwi and Berries (4 servings)

#### Ingredients:

2 kiwi fruits  
2 cups strawberries or other berries  
1 Tbsp orange juice concentrate mixed with 1 Tbsp water

#### Instructions:

Peel kiwi fruits and slice in thin rounds. Arrange on a small plate. Wash, remove the green stems and slice the strawberries over the kiwi fruit. Drizzle orange juice over kiwi fruits and berries.



***Nutritional Analysis: 55 calories, 12 g carbohydrate, 1 g protein, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 3 g fiber, 2 mg sodium.***

#### Did you know?

Quitting tobacco now will greatly reduce the risk of heart disease, stroke, lung disease, cancer, and diabetes.

### Strawberry-Kiwi Parfait (4 servings)

#### Ingredients:

4 cups low-fat vanilla yogurt  
2 cups sliced strawberries  
1 cup low-fat granola  
1 cup sliced kiwi fruit

#### Instructions:

Divide yogurt among 4 bowls. Top each with 1/2 cup sliced strawberries. Sprinkle with 1/4 cup granola. Top with 1/4 cup sliced kiwi fruit. Serve immediately, or refrigerate covered until served.



***Nutritional Analysis: 351 calories, 66 g carbohydrate, 11 g protein, 5 g total fat, 2 g saturated fat, 11 mg cholesterol, 5 g fiber, 178 mg sodium.***

#### Did you know?

When you quit smoking you may have more insulin circulating in your blood which may increase your craving for sweets. The natural sugars in fresh fruits can satisfy this craving.

### **Summer Smoothie** (2 servings)

1 cup strawberries, rinsed and sliced (tops removed)  
1/2 cup vanilla fat-free yogurt  
1/2 cup fat-free milk  
2 Tbsp wheat germ (optional)  
3 ice cubes

Combine ingredients in a blender. Blend on high until creamy.



***Nutritional Analysis: 100 calories, 1 g fat, 3 g fiber, 65 mg sodium.***

#### **Did you know?**

The kidneys can't function properly without enough water. Caffeinated and carbonated drinks can dehydrate—so be sure to drink at least 64 oz of water every day.

### **Grapefruit Apple Dish** (4 servings)

4 pink grapefruit  
4 sweet firm apples  
1 tsp finely chopped fresh mint  
1 lime  
1 tsp sugar

Peel and section grapefruit (remove white peel from fruit). Place section of fruit in bowl. Peel, core and slice apples into thin wedges. Gently stir apples with grapefruit. Squeeze lime, add sugar to lime juice and pour over grapefruit and apple dish. Add fresh mint. Chill and serve.

***Nutritional Analysis: 230 calories, 0.5 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 59 g carbohydrate, 9 g fiber, 3 g protein.***

**Tip:** Impulse buying can derail your hard work. Have a plan before you shop and never shop when you're hungry.

## Cherry Chicken Salad (8 servings)

### Ingredients:

2 cups cubed cooked chicken  
1/2 cup dried tart cherries  
1/4 cup chopped walnuts  
3 green onions, sliced  
1/2 cup mayonnaise  
1/4 cup plain yogurt  
1 Tbsp lemon juice  
1/2 tsp dried oregano  
Freshly ground black pepper, to taste  
Lettuce leaves



### Instructions:

In large bowl, combine chicken, cherries, walnuts, and onions; mix well. In a small bowl, combine mayonnaise, yogurt, lemon juice, oregano, and pepper; pour over chicken mixture. Mix gently. Refrigerate, covered, 1 to 2 hours. Serve on lettuce. Garnish with chopped fresh parsley, if desired.

***Nutritional Analysis: 220 calories, 16 g fat, 13 g protein, 9 g carbohydrate, 1 g fiber, 36 mg cholesterol, 111 mg sodium.***

### Did you Know?

A cigar gives off 30 times more carbon monoxide and contains 10-400 times more nicotine (depending on the size and type of cigar) than the average cigarette.

## Citrus Green Bean Salad

(12 servings)

### Ingredients:

2 pounds green beans, trimmed and cut into 1-inch pieces

1/2 cup fresh orange juice

1 Tbsp finely grated orange zest

3 Tbsp balsamic vinegar

1 tsp sugar

1 tsp coarse-grain mustard

3/4 tsp salt

1/2 cup olive oil

1/2 cup finely chopped red onion

Freshly ground pepper, to taste



### Instructions:

In a large saucepan of boiling water, cook the beans until just crisp-tender, about 3 minutes.

Drain and set aside. In jar with a tight fitting lid, shake together all remaining ingredients. Toss beans with dressing shortly before serving. Serve at room temperature or slightly chilled.

***Nutritional Analysis: 110 calories, 9 g fat, 1 g protein, 0 mg cholesterol, 143 mg sodium, 7 g carbohydrate, 2 g fiber.***

### Did you know?

Including green fruits and vegetables in your diet helps maintain vision health and strong bones and teeth.



### Watermelon Fire and Ice Salsa (6 servings)

3 cups chopped watermelon  
2 Tbsp lime juice  
1/2 tsp garlic salt  
1-2 Tbsp jalapeno peppers (2-3 medium)  
1 Tbsp green onions, chopped  
1/2 cup green peppers, chopped  
1 Tbsp cilantro, chopped



Combine all ingredients. Mix well. Cover and refrigerate least one hour.

**Nutritional Analysis:** 30 calories, 8 g carbohydrate, 0 g protein, 0 g fat, 0 g cholesterol, 0 g fiber, 84 mg sodium.

#### Did you know?

Smoking a tobacco pipe or hookah increases your risk of getting bronchitis, coughs, asthma, cancer and heart disease.

### Tomato Sauce (4 servings)

#### Ingredients:

1 tsp vegetable oil  
1 medium onion chopped  
2 cloves garlic, chopped  
2 28-oz cans whole tomatoes  
1 6-oz can tomato paste  
2 tsp dried Italian seasoning  
2 bay leaves  
Salt and pepper, to taste



#### Instructions:

In a medium saucepan, stir together the oil, onion and garlic. Cook over low heat, stirring often, until the onion is very soft and aromatic, about 6 to 8 minutes. In a food processor or blender, puree the tomatoes. Add tomatoes and tomato paste to the onions and bring to a simmer over medium-high heat. Reduce the heat to very low and let the sauce simmer slowly for 30 minutes, stirring the bottom often to prevent burning. If you are adding meatballs, do so at this time, and simmer them in the sauce for 20 minutes, stirring often. If you are not adding meatballs, simmer the sauce for another 20 minutes (50 minutes total). Season to taste with salt and pepper. Remove bay leaves before serving.

**Nutritional Analysis:** 135 calories, 2 g fat, 6 g protein, 29 g carbohydrate, 6 g fiber, 0 mg cholesterol, 925 mg sodium.



### Southwestern Gazpacho (8 servings)

#### Ingredients:

1 large green or red bell pepper, chopped  
1 small cucumber, peeled and chopped  
1 small onion, chopped  
1 large clove garlic chopped  
3 medium tomatoes, seeded and chopped  
2 Tbsp fresh cilantro, chopped  
1 jalapeno chili, chopped  
2 cups tomato juice  
1 Tbsp olive or canola oil  
1/4 cup lime or lemon juice, or to taste  
Salt and pepper to taste



#### Instructions:

Combine all ingredients in a large glass bowl. Cover and refrigerate about 30 minutes or until chilled. Taste and add more seasonings, if needed. Spoon into bowls.

**Nutritional Analysis:** 413 calories, 51 g carbohydrate, 28 g protein, 12 g total fat, 4 g saturated fat, 56 mg cholesterol, 6 g fiber, 351 mg sodium.

**Tip:** To manage stress, learn relaxation techniques, listen to soothing music, think of ways to manage your stress and talk about your feelings.

### Sautéed Zucchini with Garlic (2 servings)

#### Ingredients:

2 tsp olive oil  
2 cloves garlic, minced  
2 medium zucchini, thinly sliced  
Salt and black pepper to taste



#### Instructions:

In a large nonstick skillet, heat half the olive oil over medium-high heat. Add half the garlic and cook for about 1 minute, or until fragrant. Be very careful that the garlic does not burn. Add half the zucchini to the pan and cook for about 4 minutes, or until the zucchini and garlic start to brown, stirring often. If the garlic threatens to burn, reduce the heat a little. Transfer the cooked zucchini to a plate and repeat the process with the remaining oil, garlic, and zucchini. Season with salt and pepper and serve immediately.

**Nutritional Analysis:** 65 calories, 5 g fat, 5 g carbohydrate, 2 g protein, 0 mg cholesterol, 140 mg sodium.

## Spinach and Zucchini Lasagna (12 servings)

### Ingredients:

1 Tbsp olive oil  
1 large onion, chopped  
3 cloves garlic, finely chopped  
2 cups (packed) chopped fresh spinach, or  
thawed frozen chopped, drained well  
2 cups grated zucchini  
1 15-oz tub part-skim ricotta cheese  
1 large egg, lightly beaten  
1/2 tsp salt  
1/4 tsp black pepper  
6 cups bottled tomato and basil spaghetti sauce  
8 oz “no-cook” lasagna noodles  
1/2 cup shredded mozzarella cheese  
1/4 cup grated Parmesan cheese



### Instructions:

Preheat oven to 350 F. In a medium saucepan, heat the olive oil over medium heat. Add onion and garlic and cook for 4 to 5 minutes, or until softened. Add the spinach and zucchini and cook for 2 minutes, or until the spinach has wilted. Remove from heat and cool. In large bowl, combine the ricotta, egg, salt, and pepper and mix well. Stir in the zucchini and spinach mixture. In a 13 x 9 x 2-inch baking pan, spread 2 cups of the spaghetti sauce to cover the bottom. Top with 3 or 4 lasagna noodles, arranging them in a single layer. Carefully spread half of the ricotta-vegetable mixture over the noodles. Cover with another 2 cups sauce, then the remaining noodles and ricotta mixture. Spoon over the remaining 2 cups of sauce. (At this point, the lasagna can be covered and refrigerated for up to two days or frozen for up to 6 weeks). Cover the pan with aluminum foil and bake for 35 minutes, or until the sauce begins to bubble. Remove the foil, sprinkle with the cheese and bake for 15 more minutes. Remove the lasagna from the oven and let stand for 10 minutes before cutting and serving.

***Nutritional Analysis: 250 calories, 11 g fat, 30 g carbohydrate, 12 g protein, 33 mg cholesterol, 870 mg sodium.***

### Did you know?

Smoking is the main preventable cause of death in the U.S. It kills over 435,000 Americans each year.

## Eggplant , Beans and Pasta

(6 servings)

### Ingredients:

1 Tbsp canola or olive oil  
1 large onion, chopped  
2 large garlic cloves, minced  
1 medium eggplant, cut into 1/2 inch pieces  
2 cups chopped fresh tomatoes  
1 can (about 15 oz) beans, such as pinto beans, navy beans or black-eyed peas, undrained  
1 pound pasta shells or macaroni, cooked  
1/8 tsp salt  
Pepper to taste



### Instructions:

Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring until onion is softened. Add eggplant and tomatoes. Reduce heat to low. Cook covered, until eggplant is tender, about 10 minutes, stirring occasionally. Add beans and bring to a boil. Add pasta and season with salt and pepper. Serve hot.

***Nutritional Analysis: 274 calories, 50 g carbohydrate, 12 g protein, 3 g total fat, 1 g saturated fat, 0 mg cholesterol, 9 g fiber, 168 mg sodium,***

### Did you know?

Water helps metabolize fat. It can help suppress the appetite naturally. Garnish a large glass of ice water, a cup of hot or iced tea with a lemon or lime and sip slowly.

## Sweet and Sour Chicken Stir-Fry (4 servings)

### Ingredients:

2 tsp olive oil  
1 pound boneless, skinless chicken breasts, cut into small strips  
1 16-oz can pineapple chunks in syrup  
1/4 cup (firmly packed) light brown sugar  
2 Tbsp cornstarch  
1/4 cup cider vinegar  
1 1/2 Tbsp low-sodium soy sauce  
1 medium green bell pepper, seeded and cut into small strips  
1 medium red bell pepper, seeded and cut into small strips  
Thinly sliced green onion (scallion) and sesame seeds, for garnish  
4 cups hot steamed rice, for serving



### Instructions:

In a large non-stick skillet, heat the olive oil over medium heat. Add the chicken and cook for about 2 minutes on each side, or until lightly browned. Add 1/2 cup of water and bring to a boil. Reduce the heat, cover the pan, and simmer for 5 minutes. While the chicken is cooking, drain pineapple, reserving the syrup. In a small bowl, combine the brown sugar and cornstarch. Whisk in the reserved pineapple syrup, vinegar, and soy sauce until thoroughly combined. After the chicken has cooked for 5 minutes, increase the heat to medium-high and stir in the pineapple syrup mixture. Cook, stirring constantly, for about 1 minute, or until the sauce thickens. Add the bell peppers and cook for 2 to 3 minutes, stirring, until peppers soften slightly. Add the pineapple chunks and heat through for 1 minute. Remove from the heat, sprinkle with the green onion and sesame seeds. Serve immediately with the hot rice.

***Nutritional Analysis: 545 calories, 4 g fat, 92 g carbohydrate, 33 g protein, 66 mg cholesterol, 480 mg sodium.***

### Did you know?

The US Surgeon General recommends that every adult participate in at least 30 minutes of moderate physical activity on most, if not all days of the week.

## Jalapeno Red Bean Burgers (4 servings)

### Ingredients:

1 yellow onion, chopped  
1 tomato, chopped  
1 jalapeno chili, seeded and chopped  
1 clove garlic, chopped  
1 tsp chili powder  
2 cups kidney beans, cooked  
4 to 6 Tbsp barbecue sauce  
1/3 to 2/3 cup bread crumbs



### Instructions:

Stir fry onion, tomato, chili, garlic, and chili powder in a small amount of water, until well softened and beginning to caramelize. In a bowl, mash beans. Add onion mixture and barbecue sauce, to taste. Add bread crumbs, enough so that mixture can be formed into patties that hold together. Grill or fry in non-stick pan with no oil.

***Nutritional Analysis: 214 calories, 40 g carbohydrate, 11 g protein, 2 g total fat, 0 g saturated fat, 10 g fiber, 0 mg cholesterol, 297 mg sodium.***

### Did you know?

Exercise helps your body build and maintain healthy bones, muscles, and joints.

## Cajun Halibut with Almonds (2 Servings)

### Ingredients:

12 oz Alaska halibut steaks, thawed if necessary  
Salt and pepper  
3 Tbsp finely ground almonds  
2 Tbsp butter or margarine, melted  
2 tsp lemon juice



### Instructions:

Sprinkle halibut steaks with salt and pepper. Combine ground almonds and butter. Spread 1/3 of almond mixture in shallow baking dish; top with halibut steaks. Spoon remaining almond mixture over halibut. Drizzle with lemon juice.

Bake at 400 F for 10 minutes per inch of thickness, measured at the thickest part, or until halibut flakes when tested with a fork.

***Nutritional Analysis: 362 calories, 22 g fat, 39 g protein, 3 g carbohydrate, 1 g dietary fiber, 85 mg cholesterol, 210 mg sodium.***

## **Baked Tilapia** (6 Servings)

### **Ingredients:**

1 1/2 lbs Tilapia fillets  
1/4 cup celery, chopped  
1/4 cup onions, chopped  
1/4 cup sweet red pepper, chopped  
3 Tbsp butter or margarine  
3 Tbsp flour  
Salt and pepper to taste  
1 tsp fresh or dried tarragon  
1 tsp fresh basil  
1/4 cup milk  
1 cup Mozzarella cheese, shredded



### **Instructions:**

In a medium skillet, sauté the celery, onions, and sweet red pepper in butter or margarine until tender. Add the flour, salt, pepper, tarragon, basil and milk; mix well. Cook for 1 minute, stirring constantly until thickened. Add the cheese and stir until melted. Do not boil.

Rinse tilapia fillets in cold water and drain thoroughly. Place the fish in a 12" x 8" x 2" baking dish; spoon sauce evenly over the fish. Bake at 425 F for 8 to 10 minutes or until the fish flakes easily when tested with a fork.

***Nutritional Analysis: 137 calories, 11 g fat, 5 g protein, 5 g carbohydrate, 34 mg cholesterol, 147 mg sodium.***

### **Did you know?**

People who receive counseling are twice as likely to stay quit as those who try to quit tobacco use on their own. Contact your local health department or the AZ Smokers Helpline (1-800-55-66-222) for information on quit tobacco groups in your area.



## Strawberry Banana Fruit Leather (8 servings)

### Ingredients:

3 cups strawberries  
1 ripe banana  
2 Tbsp orange juice concentrate, frozen  
2 Tbsp honey  
1 tsp lemon juice



### Instructions:

Cover a 12" x 17" baking pan (with sides) with plastic wrap. Whiz the strawberries, banana, orange juice concentrate, honey, and lemon juice in a blender until very smooth. You can do this in batches if needed. You should have 2 cups of puree. Pour into the prepared pan and spread with a spatula making the edges thicker than the middle. Bake at 140 F, with the door slightly open for about 6 hours or until just barely sticky. Cool, roll the long way and cut into 8 pieces. Store in the refrigerator for up to a week.

**Nutrient Analysis:** 52 calories, 3 gm carbohydrate, 10 g protein, 0 g fat, 0 mg cholesterol, 2 gm fiber, 1 mg sodium.

### Did you know?

Orange adds a shot of vitamin C which is usually lacking in smokers' diets.

## Fruit Slush (4 servings)

### Ingredients:

3 cups fruit, frozen (such as frozen strawberries, blueberries, raspberries, or melon)  
1 tsp vanilla extract  
1 cup non-fat milk or non-fat plain yogurt  
Sugar (optional)

### Instructions:

Blend first three ingredients until smooth. Sweeten to taste.



**Nutritional Analysis:** 115 calories, 26 g carbohydrate, 2 g protein, 0 g fat, 2 mg cholesterol, 1 g fiber, 80 mg sodium.

Tip: Fruit gives a boost of fiber with relatively few calories. It is a great alternative to a cigarette.

## **Zucchini Bars**

(8 servings)

### **Ingredients:**

1 1/2 cups all-purpose flour  
1 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
1/3 cup butter or margarine, softened  
1/3 cup sugar  
1 large egg  
1/3 cup skim milk  
1 tsp vanilla extract  
1 cup shredded zucchini  
2 cups finely chopped dried fruit, such as figs, prunes, dates, apples or raisins.



### **Instructions:**

Preheat oven to 375 F. Lightly grease an 8 inch square baking pan. Combine flour, baking powder, baking soda and salt in a large bowl. Add butter, sugar, egg, milk and vanilla and beat until smooth. Stir in Zucchini and dried fruit. Spread batter in prepared pan. Bake about 25 minutes or until center springs back when lightly pressed. Cool in pan. Cut into 8 bars.

***Nutritional Analysis: 318 calories, 57 mg carbohydrate, 5 g protein, 9 g fat, 2 g saturated fat, 27 mg cholesterol, 6 g fiber, 270 mg sodium.***

### **Did you know?**

Smoking raises blood sugar levels making it harder to control your diabetes.



### Fresh Fruit with Cream (2 servings)

**Ingredients:**

3/4 cup non-fat plain yogurt  
1/4 cup reduced-fat sour cream  
1/4 cup sugar  
3 Tbsp lemon juice  
1 Tbsp finely chopped fresh mint  
1 cup fresh raspberries or other fresh fruit



**Instructions:**

Whisk yogurt, sour cream, sugar, lemon juice and mint until the sugar dissolves. Chill, covered, for 1 hour. Divide raspberries (or other fruit) between 2 bowls and top with the lemon-mint cream.

**Nutritional Analysis:** 214 calories, 4 g fat, 14 mg cholesterol, 43 g carbohydrate, 6 g protein, 4 g fiber, 65 mg sodium, 167 mg potassium.

**Tip:** Including red fruits and vegetables in your diet helps maintain memory function and a lower risk of some cancers.

### Frozen Banana “Ice-Cream” (4 servings)

**Ingredients:**

4 ripe bananas, sliced  
1 tsp vanilla extract

**Instructions:**

Freeze the banana slices for at least several hours. In a food processor or blender, combine the frozen bananas and vanilla and puree until smooth. Divide among dessert bowls and serve immediately.



**Nutritional Analysis:** 110 calories, less than 1 g fat, 27 g carbohydrate, 1 g protein, 0 mg cholesterol, 0 mg sodium.

**Did you know?**

Dogs, cats, birds, and other pets exposed to second hand smoke are at risk of developing breathing problems, lung inflammation and cancer.

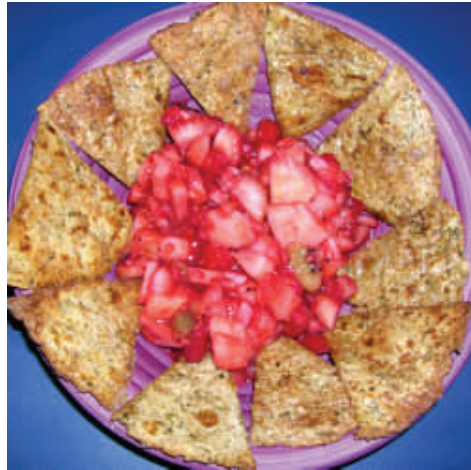
## Cinnamon Chips with Fruit Salsa (6 servings)

Ingredients:  
(for chips)

6 8-inch flour tortillas  
Spray olive oil  
6 Tbsp cinnamon sugar  
1/2 tsp anise (fennel) seed (optional)

Ingredients:  
(for salsa)

1 pint fresh strawberries, washed and hulled  
1 large ripe white peach or pear, cut into 1/2 inch square pieces  
1/3 cup fresh mint leaves, thinly slivered, plus 6 whole for garnish  
1-2 jalapeno chili peppers, seeded and minced  
2 Tbsp fresh lime juice, or to taste  
2 Tbsp light brown sugar, or to taste



Instructions:  
(for chips)

Preheat the oven to 400 F. Lightly spray the tortillas on both sides with oil and sprinkle with cinnamon sugar and anise seed. Cut each tortilla into 6 wedges and arrange on non-stick baking sheets. Bake the tortillas until lightly browned, about 5 minutes. Remove the tortillas from the oven and let cool: the “chips” will crisp on cooling.

Instructions:  
(for salsa)

Cut the strawberries into 1/2 inch square pieces. Combine all the ingredients for the “salsa” in a bowl and gently toss to mix. Adjust the seasoning, adding lime juice or sugar to taste: the “salsa” should be a little sweet and a little sour.

Spoon the salsa into 6 dishes, garnish each with a mint sprig, and place in the center of dessert plates. Arrange the chips around the salsa and serve at once.

***Nutritional Analysis: 244 calories, 5 g fat, 1 g saturated fat, 47 g carbohydrate, 5 g protein, 4 g fiber, 239 g sodium.***

**Tip: When helping a friend quit tobacco, get ready for emotional ups and downs. Bad moods are a part of overcoming physical addiction.**

## Blueberry French Toast (11 to 12 servings)

### Ingredients:

6 eggs, beaten  
1/2 cup skim milk  
1/2 cup low fat cream cheese  
3/4 cup blueberries  
1 tsp vanilla  
1 tsp cinnamon  
12 slices whole wheat bread



### Instructions:

In a blender, beat together the milk, cream cheese, and blueberries until smooth, and set aside. In a medium mixing bowl, beat the eggs, vanilla, and cinnamon. Add the blueberry mixture. Dunk bread in the batter, and fry in a frying pan or griddle until slightly browned,

***Nutritional Analysis: 140 calories, 5 g fat, 2 g saturated fat, 110 mg cholesterol, 220 mg sodium, 16 g carbohydrate, 2 g dietary fiber, 3 g sugar, 7 g protein.***

Tip: You can cut your calorie count in half by using non-fat milk instead of whole and using egg whites instead of whole eggs. Substituting egg whites for yolks means less cholesterol in the diet, an important goal for smokers because of their greater risk of heart disease.

## Apple Muffins

(24 servings)

### Ingredients:

4 cups peeled and diced apples  
3/4 cup sugar  
2 eggs, lightly beaten  
1/2 cup canola oil  
2 tsp vanilla  
2 cups unbleached white flour  
2 tsp baking soda  
2 tsp cinnamon  
1 tsp salt  
1 cup raisins  
1 cup chopped walnuts  
1 tsp nutmeg



### Instructions:

Preheat oven to 325 F. Grease 24 muffin tins. Mix the apples and the sugar in one bowl and set aside. Put the eggs, oil, and vanilla in a second bowl and stir well. In a third bowl mix the flour, baking soda, cinnamon, salt, and nutmeg. Combine the apples and the egg mixture in one bowl and mix well. Slowly mix in the flour and spice mixture. Fold in the raisins and walnuts. Fill 3/4 of each muffin tin. (The batter does not rise excessively.) Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.

***Nutritional Analysis: 180 calories, 8 g total fat, 0.5 g saturated fat, 20 mg cholesterol, 210 mg sodium, 25 g total carbohydrate, 2 g dietary fiber, 14 g sugar, 3 g protein.***

### Did you know?

3000 non-smokers die each year from lung cancer due to their exposure to second hand smoke.

## Vegetable Wraps (4 servings)

### Ingredients:

1 Tbsp olive or canola oil  
1 large onion, sliced  
1 red or green bell pepper cut into thin strips  
1 large garlic clove, minced  
2 cups packed fresh spinach  
2 tomatoes, chopped  
1 cup cooked rice  
1 tsp dried oregano  
Salt and pepper to taste  
4 large flour tortillas, warmed  
1 lime or lemon cut into quarters



### Information:

Heat oil in a large skillet over medium heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, until crisp tender. Stir in spinach and tomatoes. Cook, stirring occasionally, until spinach wilts. Stir in rice, oregano, salt and pepper. Cook, stirring, until hot. Divide rice mixture among the tortillas, add a squeeze of lemon or lime and wrap to enclose filling.

***Nutritional Analysis: 365 calories, 64 g carbohydrate, 9 g protein, 9 g total fat, 0 g saturated fat, 0 mg cholesterol, 6 g fiber, 437 mg sodium.***

### Did you know?

Smoking is bad for your bones as well as your heart and lungs. Women who smoke have lower levels of estrogen compared to non-smokers.

### Apple Broccoli Salad (6 servings)

#### Ingredients:

3 apples  
3 cups fresh raw broccoli, cut up  
1/4 cup pecans, chopped  
1 Tbsp red onion, chopped  
1/3 cup raisins  
1/2 cup non-fat yogurt, vanilla flavored  
Lettuce (optional)



#### Information:

Cut the apple and take out the seeds. Chop the apple. Mix all ingredients together. Serve on lettuce.

***Nutritional Analysis: 96 calories, 15 g carbohydrate, 3 g protein, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 4 g fiber, 27 mg sodium.***

**Tip:** A serving is one medium sized fruit, 1/2 cup raw, cooked, frozen, or canned fruits or vegetables, 3/4 cup 100% fruit or vegetable juice, 1/2 cup cooked, canned or frozen beans or peas, 1 cup raw, leafy vegetables or 1/4 cup dried fruit.

### Crunchy Pear and Celery Salad (6 servings)

#### Ingredients:

4 stalks celery, trimmed and cut in half crosswise  
2 Tbsp cider, pear, raspberry or other fruit vinegar  
2 Tbsp honey  
1/4 tsp salt  
2 ripe pears, preferably red Bartlett or Anjou, diced  
1 cup finely diced white cheddar cheese  
1/2 cup chopped pecans, toasted  
Freshly ground pepper to taste  
6 large leaves butter head or other lettuce



#### Instructions:

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese, and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among six plates and top with a portion of salad. Serve at room temperature or chilled.

***Nutritional Analysis: 221 calories, 14 g fat, 20 mg cholesterol, 20 g carbohydrate, 6 g protein, 4 g fiber, 244 mg sodium, 234 mg potassium. Bonus: 15% daily value calcium.***



## Corn and Black Bean Salad (8 servings)

### Ingredients:

1 1-lb can cooked black beans, drained  
1 10-oz can corn kernels, drained  
1/2 green pepper, chopped  
1/2 red pepper, chopped  
2 green onions, sliced  
1 Tbsp minced parsley  
1 Tbsp canola or olive oil  
2 Tbsp lime juice  
Freshly ground black pepper, to taste



### Instructions:

Toss together ingredients, except pepper. Generously sprinkle salad with black pepper. Cover and refrigerate. This salad improves upon sitting.

***Nutritional Analysis: 92 calories, 2 g fat, 4 g protein. 14 g carbohydrate, 4 g dietary fiber, 0 mg cholesterol, 251 mg sodium.***

### Did you know?

Corn is one of those starchy foods that will help raise the serotonin level in your brain and thus calm you without the need to smoke.

## Cod Corn Tortilla Soup (4 servings)

### Ingredients:

1/2 cup onions, chopped  
1 clove garlic, minced  
1 Tbsp butter  
1 tsp oregano, dried  
3/4 tsp cumin, ground  
1/2 tsp red pepper flakes, or to taste  
1 14 1/2-oz can low sodium chicken broth  
1 14 1/2-oz can peeled tomatoes, coarsely chopped  
2/3 cup corn kernels, frozen  
4 5-oz Alaska cod fillets  
Cilantro, chopped, to garnish  
Tortilla strips



### Instructions:

Sauté onions and garlic in butter in a large skillet over medium heat for 3-4 minutes, or until soft. Stir in oregano, cumin, and red pepper flakes. Sauté 1-2 minutes. Stir in chicken broth, tomatoes and tomato liquid; bring to a boil and simmer 5 minutes. Stir in corn kernels. Set cod fillets on top of broth and spoon liquid over cod. Cover and simmer 5 minutes, or until cod just flakes when tested with a fork. To serve: set each fillet in a large soup bowl. Spoon broth around cod and sprinkle with cilantro. Garnish each bowl with tortilla strips.

***Nutritional Analysis: 209 calories, 5 g fat, 32 g protein, 13 g carbohydrate, 2 g dietary fiber, 69 mg cholesterol, 277 mg sodium.***

### Did you know?

Bone-building exercises are weight bearing or exercises that work your muscles against gravity. Tennis, walking and dancing are examples of weight-bearing exercises.

## Carrot Soup (8 servings)

### Ingredients:

2 lbs carrots  
2 tsp olive oil  
6 cups skim milk  
2 cups non-fat, sodium free chicken broth  
5 cloves garlic, unpeeled  
2 Tbsp fresh herbs, such as basil, thyme, sage, oregano, chopped  
Salt to taste  
Pepper to taste (optional)  
More fresh herbs for garnish, chopped (optional)



### Instructions:

Preheat oven to 400 F. Slice carrots into 1 inch chunks and put them in a medium-sized glass or metal roasting pan. Toss them with olive oil, cover, and roast in oven for 45 minutes. Uncover and roast for 30 minutes more, until soft and caramelized. Meanwhile, wrap garlic cloves in foil and roast in the same oven for 20 minutes, until soft. Let cool, and then peel. Remove carrots from oven, and add carrots, garlic, milk, and chicken broth to blender, working in batches since the blender will not be large enough for all ingredients at the same time. Once done, reheat the puree in a large pot adding herbs and stirring well. Add salt and pepper and garnish with more fresh herbs.

***Nutritional Analysis: 130 calories, 21 g carbohydrate, 8 g protein, 2 g fat, 0 g saturated fat, 4 mg cholesterol, 3 g fiber, 274 mg sodium.***

### Did you know?

Walking is an energy booster. It makes your heart stronger, decreases body fat, uplifts mood and relieves tension.

### **Carrots and Zucchini With Sesame and Soy** (4 servings)

#### **Ingredients:**

1/2 lb carrots, cut into 1/4-inch-thick matchsticks  
1 Tbsp olive oil  
1/2 lb zucchini, cut into 1/4-inch-thick matchsticks  
1 Tbsp low sodium soy sauce  
1 Tbsp fresh lemon juice  
Salt and pepper to taste  
1 tsp sesame seeds, toasted (optional)



#### **Instructions:**

Bring a large pot of lightly salted water to a boil. Add the carrots and cook for 2 minutes, then drain and immediately rinse under cold running water to stop the cooking. Set aside. In a large non-stick or cast-iron skillet, heat the olive oil over medium-high heat. Add zucchini, carrots, soy sauce, and lemon juice. Cook for 2 minutes, tossing constantly. Remove from heat. Season with the salt and pepper, sprinkle with the sesame seeds, if desired, and serve.

***Nutritional Analysis: 70 calories, 4 g fat, 8 g carbohydrate, 2 g protein, 0 mg cholesterol, 150 mg sodium.***

**Did you know?** Second hand smoke contains 4000 chemicals; 60 of which are known to cause cancer.

### **Tangy Brussels Sprouts** (6 servings)

#### **Ingredients:**

3 cups Brussels sprouts, washed and trimmed  
1 medium onion, chopped  
1 Tbsp vegetable oil  
2 tsp chopped garlic  
1/3 cup vinegar  
1 Tbsp sugar



#### **Instructions:**

Trim off the stems and outer leaves from Brussels sprouts and wash. Cook Brussels sprouts in boiling water for about five minutes. Drain. Heat a large skillet. Add oil, garlic and onion. Stir vegetables while frying on high heat, about 2 minutes. Stir to prevent burning. Add Brussels sprouts and cook for about five minutes more. Dissolve sugar in vinegar and add to the vegetables. Toss so that all the sprouts are coated with vinegar.

***Nutritional Analysis: 68 calories, 11 g carbohydrates. 2 g protein, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 2 g fiber, 17 mg sodium.***

## Vegetarian Chili (4 servings)

### Ingredients:

1 tomato, diced  
1 bell pepper, chopped  
1 medium onion, chopped  
1 Tbsp canola or olive oil  
1 1/2 cups fresh spinach, rinsed, stemmed, and coarsely chopped  
3 cups drained cooked black-eyed peas (two 16 oz cans)  
Ground black pepper, to taste  
Pinch of cayenne or crushed red pepper flakes (optional)



### Instructions:

In a large skillet, fry the onions and green pepper in the oil for a few minutes, until soft. Add the spinach to the skillet; stir for 1 or 2 minutes until it wilts. Add the black-eyed peas, tomatoes, black pepper, and cayenne (if desired). Bring to a simmer on medium heat. Serve right away, or cover and keep warm on low heat.

***Nutritional Analysis: 174 calories, 30 g carbohydrate, 5 g protein, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 9 mg fiber, 23 mg sodium.***

**Tip: Walking can lessen daily anxiety, improve self-esteem and increase your sense of well-being. When you feel tense, depressed and unable to think clearly, take a mood uplifting walk.**

## Garlic and Lemon Mashed Potatoes (12 servings)

### Ingredients:

3 lbs russet potatoes  
6 Stash Tea Lemon Blossom tea bag contents  
1 Tbsp finely sliced fresh garlic  
1/2 cup butter  
2 Tbsp milk



### Instructions:

Peel potatoes and cut into cubes. In a 5-quart pan add potatoes and enough water to cover potatoes. Add 4 lemon blossom tea bags and garlic slices to the water. Bring water to a boil then reduce heat and allow to continue cooking until potatoes can be easily mashed (approximately 1/2 hour). While draining potatoes, remove tea bags and garlic slices. Place potatoes in a large bowl, add butter, milk and contents (cut open bag and remove herbs) of 2 lemon blossom tea bags. Blend with mixer until smooth.

***Nutritional Analysis: 163 calories, 8 g fat, 3 g protein, 21 g carbohydrate, 2 g dietary fiber, 21 mg cholesterol, 88 mg sodium.***

### Green Bean Almond Rice (8 servings)

#### Ingredients:

1 Tbsp butter or margarine  
1/2 cup slivered almonds  
1/2 cup chopped onion  
1/3 cup chopped red pepper  
3 cups cooked brown rice (cooked in chicken broth)  
1 10 oz package frozen, French-style green beans, thawed  
1/8 tsp ground white pepper, or to taste  
1/4 tsp tarragon



#### Instructions:

Melt butter in large skillet over medium-high heat. Add almonds; stir until lightly browned. Add onion and red pepper; cook 2 minutes or until tender. Add rice, green beans, white pepper and tarragon. Stir until thoroughly heated.

***Nutritional Analysis: 96 calories, 6 g fat, 3 g protein, 9 g carbohydrate, 2 g dietary fiber, 4 mg cholesterol, 17 mg sodium.***

**TIP: It is important to eat at regular intervals, ideally every 3-5 hours. This helps to keep blood sugar levels stable . Skipping meals or reducing your calorie intake does not help control weight in the long term.**

### Lemon-Garlic Chops (8 servings)

#### Ingredients:

8 boneless pork chops, 1-inch thick  
2/3 cup lemon juice  
1/2 cup olive oil  
1 4 1/2-oz jar chopped garlic  
2 Tbsp dried tarragon, crushed  
Paprika



#### Instructions:

For marinade, in a small bowl combine lemon juice, olive oil, garlic and tarragon. Place pork chops in a 1-gallon self-sealing plastic bag; pour marinade over chops; seal bag. Marinate in the refrigerator for 6-8 hours or overnight. Drain chops, discarding marinade. Place chops on rack in broiler pan so the chops are 4-5 inches from heat. Sprinkle the chops with a little paprika. Broil for 5-6 minutes or until brown. Turn chops and sprinkle with paprika. Broil for 5-6 minutes more or until chops are just done.

***Nutritional Analysis: 192 calories, 15 g fat, 7 g protein, 8 g carbohydrate, 16 mg cholesterol, 16 mg sodium.***



### **Cajun Salmon Loaf** (6 servings)

#### **Ingredients:**

1 15-oz can Alaska Salmon  
2 cups soft bread crumbs  
1/3 cup finely minced onions  
1/4 cup milk  
2 eggs  
2 Tbsp chopped parsley  
1 Tbsp lemon juice  
1/4 tsp dill weed  
1 dash black pepper



#### **Instructions:**

Drain and flake salmon, reserving 2 Tbsp liquid. Combine flaked salmon and reserved liquid with remaining ingredients. Place in well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan or shape into loaf on greased baking pan. Bake at 350 F for 45 minutes.

#### ***Nutritional Analysis:***

***174 calories, 7 g fat, 18 g protein, 9 g carbohydrate, 1 g dietary fiber, 111 mg cholesterol, 503 mg sodium.***

**TIP: Tapering involves smoking a fewer number of cigarettes each day. Some smokers find it helpful to taper or cut down on the number of cigarettes they smoke before quitting.**

### **Beef and Salsa Burritos** (8 servings)

#### **Ingredients:**

1 lb ground beef, lean  
1 Tbsp chili powder  
1/4 tsp ground cumin  
1/4 tsp salt  
1/4 tsp pepper  
10 oz frozen chopped spinach, defrosted  
1 cup chunky salsa  
3/4 cup Colby cheese, shredded  
8 medium flour tortillas, warmed



#### **Instructions:**

In large non-stick skillet, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edges up over filling; fold sides to center, overlapping edges.

***Nutritional Analysis: 473 calories, 24 g fat, 20 g protein, 44 g carbohydrate, 3 g dietary fiber, 58 mg cholesterol, 690 mg sodium.***

## Herb Pork Chops (4 servings)

### Ingredients:

4 center cut pork chops  
1/2 tsp dried marjoram leaves  
1/4 tsp garlic salt  
1/4 tsp onion powder  
1/8 tsp freshly ground black pepper  
1/2 cup plus 1 Tbsp water, divided  
1 Tbsp cornstarch  
2 Tbsp chopped parsley



### Instructions:

Spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Add pork chops and cook 10 minutes or until slightly browned, turning once. Combine marjoram, garlic salt, onion powder and pepper, sprinkle over pork. Add 1/2 cup water to skillet; cover, reducing heat and cook 20 minutes or until pork reaches an internal temperature of 160 F. Remove chops. Combine cornstarch and remaining 1 Tbsp water. Add to pan juices; cook until thickened and translucent, stirring constantly. Pour sauce over chops and sprinkle with parsley.

***Nutritional Analysis: 169 calories, 10 g fat, 19 g protein, 2 g carbohydrate, 40 mg cholesterol, 760 mg sodium.***

**TIP: The best way to lose weight is to decrease your food intake while increasing your physical activity.**

### Lemon Garlic Alaska Salmon (2 servings)

#### Ingredients:

2 Tbsp butter (or olive oil)  
2 tsp minced garlic  
1 tsp lemon pepper  
2 Alaska salmon fillets or steaks (4 to 6 oz each)  
Lemon wedges

#### Instructions:

Melt butter in large skillet over medium-high heat. Stir in garlic. Season salmon fillets or steaks on both sides with lemon pepper. Place fillets/steaks in pan and cook for 10 minutes per inch of thickness, measured at thickest part, or until fish flakes when tested with a fork. Flip fillets/steaks halfway through cooking to brown on both sides. Sprinkle with lemon juice before serving.



**Nutritional Analysis:** 240 calories, 15 g fat, 23 g protein, 2 g carbohydrate, 90 mg cholesterol, 364 mg sodium.

**TIP:** Ripple benefits are unexpected benefits that occur as part of an overall process. As you improve one area of your life, improvements in other areas often follow. As a former tobacco user you may be more assertive and self-confident, better at dealing with stress, more active and healthier.

### Pork Chops with Balsamic Vinegar (2 servings)

#### Ingredients:

2 1 1/2-inch thick boneless center pork loin chops  
1 1/2 tsp lemon pepper  
1/2 tsp vegetable oil  
2 Tbsp chicken broth  
3 Tbsp balsamic vinegar  
2 tsp butter

#### Instructions:

Pat chops dry. Coat with lemon pepper. Heat oil in heavy skillet over medium-high heat. Add chops; brown on first side 8 minutes; turn and cook 7 minutes more. Remove chops from pan and keep warm. Add broth and vinegar to skillet; cook, stirring, until syrupy (about 1-2 minutes). Stir in butter, blend well. Spoon sauce over chops. Serve immediately.



**Nutritional Analysis:** 204 calories, 11 g fat, 22 g protein, 2 g carbohydrate, 64 mg cholesterol, 373 mg sodium.

### **Iced Mocha Latte** (1 serving)

#### **Ingredients:**

1 Tbsp Hershey's chocolate syrup  
1 Tbsp sugar or equivalent amount of sugar substitute  
1 cup hot brewed coffee, regular or decaffeinated  
2 cup ice cubes  
1/2 cup nonfat milk

#### **Instructions:**

In a glass measure or small bowl, combine the chocolate syrup and sugar. Add the hot coffee and stir until thoroughly blended. Place the ice cubes in a tall glass and pour the coffee mixture over them. Top with nonfat milk and serve immediately. If the coffee is very hot, extra ice may be needed.



***Nutritional Analysis: 140 calories, less than .5 g fat, 31 g carbohydrate, 5 g protein, 2 mg cholesterol, 90 mg sodium.***

**TIP: Three servings of dairy products is a good rule of thumb for getting at least 1000 mg of calcium daily—the minimum amount required.**